The fun & friendly way for over 50’s to get healthy and feel fantastic!

01702 567327
www.activelife.uk.com

All ages & abilities welcome
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45AM</td>
<td>Zumba Gold</td>
<td>Ashingdon &amp; Hawkwell Memorial Hall, Ashingdon &amp; Hawkwell Memorial Hall, SS4 3HF</td>
</tr>
<tr>
<td>10:00AM</td>
<td>Total Body</td>
<td>Southend Leisure &amp; Tennis Centre, Southend, SS2 4FA</td>
</tr>
<tr>
<td>10:00AM</td>
<td>Total Body</td>
<td>Winter Gardens Baptist Church Hall, Canvey, SS8 9UD</td>
</tr>
<tr>
<td>10:45AM</td>
<td>Total Body</td>
<td>Hadleigh Old Fire Station, Hadleigh, SS7 2PA</td>
</tr>
<tr>
<td>11:00AM</td>
<td>Activise</td>
<td>Southend Leisure &amp; Tennis Centre, Southend, SS2 4FA</td>
</tr>
<tr>
<td>11:00AM</td>
<td>Seated Fitness</td>
<td>St Davids Church Hall, Eastwood, SS9 5PT</td>
</tr>
<tr>
<td>11:30AM</td>
<td>Seated Fitness</td>
<td>St Marys Hall, Benfleet, SS7 5HN</td>
</tr>
<tr>
<td>12:15PM</td>
<td>Seated Fitness</td>
<td>Milton Community Centre, Southend, SS1 1QA</td>
</tr>
<tr>
<td>12 noon</td>
<td>Yoga</td>
<td>Ashingdon &amp; Hawkwell Memorial Hall. Milton Community Centre, Southend, SS1 1QA</td>
</tr>
</tbody>
</table>

The fun & friendly way for over 50’s to get healthy and feel fantastic!
WEDNESDAY

10:00AM  
Total Body  
Southend Leisure & Tennis Centre, Southend, SS2 4FA

10:00AM  
Total Body  
Hullbridge Centre, Hullbridge SS5 6PA

10:30AM  
Total Body  
St Barnabas Church Hall, Hadleigh SS7 2EJ

THURSDAY

11:00AM  
Total Body  
St Marys Hall, Benfleet, SS7 5HN

11:00AM  
Dance Fit  
Southend Leisure & Tennis Centre, Southend, SS2 4FA

11:15AM  
Zumba Gold Seated  
Clarence Road Baptist Church Hall SS1 1AN  
(starts 7th September)

1:30PM  
Total Body  
Hockley Health Centre, Hockley, SS5 4AD

1:30PM  
Activise  
Southend Leisure & Tennis Centre, Southend, SS2 4FA

FRIDAY

9:30AM  
Total Body  
Hawkwell Baptist Church Hall, Hawkwell, SS4 1UG

11:00AM  
Total Body  
Southend Leisure & Tennis Centre, Southend, SS2 4FA

No need to book just come along & have fun!  
Just £4.00 per session
Active Life is pleasantly different from regular ‘keep fit’ activities

More about our classes...

**Total Body** - A fun low impact cardio workout together with effective toning exercises using balls, bands & weights. All abilities are welcome.

**Seated Fitness Sessions** - Chair based exercises for a gentler but effective workout. Raise your heart rate with a seated cardio workout to some fun tunes, together with effective toning exercises.

**Dance Fit / Zumba Gold** - Shake it and dance in these fun workouts. Easy to follow moves in this Latin Inspired workout with added toning.

**Yoga / Relaxation** - Relax & revitalise the mind & Body.
**Activise** - A mind & Body workout based on Pilates, Yoga & Stretch

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